

NJSIAA/ROTHMAN ORTHOPAEDICS 2021 WRESTLING REGULAR SEASON-revised 3/12

NOTE: All Scales Must Be Certified Annually

All Forms Are Located On:
www.trackwrestling.com

2020-2021 NFHS Wrestling Rules Book

NJSIAA Assessor & Coaches Certification

NJSIAA COVID-19 Wrestling Modifications

NJSIAA COVID-19 Wrestling Guidelines & Considerations

NJSIAA Current Resources

IMPORTANT DATES

Official Start of Practice: **March 1, 2021**

Competition Date: **March 16, 2021**
Athletes must have 6 days practice and one day rest before scrimmages. *

Season End Date: **April 24, 2021**

**Opening Day and Minimum Weight
Certification Team Form to Be
Signed and Filed with the Principal by:** **March 16, 2021**

Two Pound Allowance: **March 16, 2021**

Transfers on or after March 30 are not eligible for the Individual Tournament.

Match Limitations: Competition will be limited to three matches per week. One four match week will be permitted. The total maximum matches will be 15. Teams may only compete in one match per day.

Girls Wrestling only: invitational events are permitted, capacity restrictions apply.

Individual Tournament Dates

Girls Submission for Region Consideration **March 27, 2021**

Girls Selection & Seeding Regions **March 30, 2021**

Girls Regions	April 3, 2021
Girls States	April 10, 2021
Boys Submission for Region Consideration	April 10, 2021
Boys Regions Selection	April 11, 2021
Boys Regions Seeding	April 12, 2021
Boys Regions	April 17 & 18, 2021
Boys State Seeding	April 20, 2021
Boys States	April 24 & 25, 2021

BOYS WEIGHT CLASSES

106 113 120 126 132 138 145 152 160 170 182 195 220 285

BOYS WEIGHT CLASSES (2 LB. GROWTH ALLOWANCE ADDED-March 16, 2021)

108 115 122 128 134 140 147 154 162 172 184 197 222 287

GIRLS WEIGHT CLASSES

100 107 114 121 128 135 143 151 161 180 215

GIRLS WEIGHT CLASSES (2 LB. GROWTH ALLOWANCE ADDED-March 16, 2021)

102 109 116 123 130 137 145 153 163 182 217

State Interpreter: Joe Knipper igknipper@yahoo.com, 732 598 4511

*2021: If a wrestler is participating in Season 2 or 2A sports, and joins wrestling within 3 days, the wrestler will have satisfied the NJSIAA practice rule. Athletes may not participate in two strenuous sports at the same time, so the student must end one sport (practice or competition) before joining wrestling.

Wrestlers may participate in a spring sport while continuing to wrestle. Season 3 and 4 may overlap. Check with School Administration for details.

2020-21 NJSIAA Wrestling

Wrestling Certification begins on November 5, 2020 ended on December 3, 2020 and re-opened on January 19, 2021 (Hydration, Body Fat Analysis and Weight) Closes: March 16, 2021

The BodyMetrix WR (approved in 2019) will be utilized for the body fat analysis. The NJSIAA trained 24 Master Wrestling Weight Assessors in order to train all assessors to conduct the Wrestling Weight Certification using this device.

The wrestling certification information must be entered by the assessor in Trackwrestling which will generate a descent plan for each wrestler.

All wrestling match weights must be entered in Trackwrestling after the match, in order to generate a weigh in form for the next match. In addition, all match results must be entered in Trackwrestling at this time. (this is the checks and balances that ensures that proper procedures have been followed for every wrestler). A weigh in form can only be generated if the weights are inputted.

For 2020-21; the descent plan, completed after certification, lists the target weight for every day of the season from certification. **This is simply a computer driven calculation on weight loss that is no faster than 1.5% of body weight per week and until this year it stayed constant the entire year, it never changed.**

The Descent Plan recalculates after each weigh-in.

The Weigh-in form will list only one eligible weight class for each wrestler, for this match, based on their descent plan as it relates to the date of the match. By NFHS Rules: The wrestler is still eligible to move up one weight class above their actual weight at the time of weigh in.

After each competition, the coach will enter the actual weight and results into Trackwrestling.

If the wrestler's actual weight from that competition is less than the Descent Plan Weight from the competition, the wrestler's descent plan will continue as normal.

If the wrestler's actual weight from that competition is greater than the Descent Plan Weight from that competition, the wrestler's descent plan will recalculate from the actual weight recorded from the competition. (At 1.5% week of maximum weight loss-this would take longer to get the weight back down).

GOAL: Health, Safety and Welfare of the wrestler. To keep the wrestler's weight more consistent and avoid the excessive weight reduction and or wide variations in weight that may be harmful to the wrestler. Our coaches, student-athletes, athletic trainers, and parents have a responsibility to monitor the descent plan and ensure that the student's weight management is being properly followed.

KEY CHANGES:

1. BodyMetrix WR is the only method for the Body Fat Assessment
2. Only One Weigh-In Form
3. Coaches must record the weights before the next match to generate a weigh-in form. In addition, the match results must be recorded as well.
4. Only One eligible weight class will be listed on the weigh-in form
5. **THE WRESTLERS DESCENT PLAN WILL RECALCULATE AFTER EVERY MATCH (THE DESCENT PLAN WILL ONLY CHANGE IF THE WRESTLERS ACTUAL WEIGHT IS GREATER THAN THE DESCENT PLAN WEIGHT)**

Important Message (Quarantine or new wrestler):

If an athlete is not certified by opening day, March 16th, an email from the Assessor, cc'd to the Principal and Athletic Director, must be sent to Kim Cole, kcole@njsiaa.org and Jewel Sellers, jsellers@njsiaa.org to approve certification.

Points of Emphasis

- A one (1) pound allowance will be granted on Monday during the regular season.
- A one (1) pound allowance will be granted for consecutive days wrestling competition.
- 2 pounds is the maximum allowance. Ex. Wrestle Monday 1 lb., Wrestle Tuesday receive an additional 1 lb.
- Meets postponed due to weather from Saturday to Monday will receive a two (2) pound allowance on Monday (one (1) pound weather AND one (1) pound Monday allowance.) At no time can weight allowances exceed two pounds.
- Team Scoring Event – Boys and Girls
Wrestlers must follow their descent plan based on the 14 NFHS weight classes.
- Non-Scoring Team Event - Girls
Wrestlers must follow their descent plan based on the 11 NJSIAA weight classes.
- The Individual Weight Loss Plan reflects the first possible day wrestlers will be eligible to weigh-in at the approved-weight. No wrestler will be allowed to wrestle at a weight lower than that indicated by the Weight Loss Plan for any specified date.

WEIGH-IN PROCEDURE

- a. The NFHS afforded each state association the opportunity to adopt a policy in regards to leg "sleeves." The NJSIAA wrestling committee has decided that leg "sleeves" are prohibited unless prescribed by a doctor. The wrestler must present their doctor's note at the weigh-in/skin check time. Failure to present that note during weigh-in/skin check time and the wrestler reporting to the scorer's table with a leg sleeve would incur a technical violation infraction 5-27-1e: "Reporting

boys to the scorer's table not properly equipped, ready to wrestle or any equipment that is detected as being illegal after the match has started." Rationale: Leg sleeves offer little or no protection and an opponent could be placed at a disadvantage if that sleeve twists, rises or falls during competition. A doctor's note would be valid for the entire **2020-2021** season. With that said, as per the NFHS, wrestlers CAN wear a knee-pad leg sleeve providing the padding is attached as with a traditional kneepad (no doctor note required). Again, it must have attached padding to be proper.

- b. Coaches need to exchange the trackwrestling computer generated weigh-in forms and if there is a disagreement/irregularity, a descent plan must be presented. Failure to produce both forms – One team point deduction. The trackwrestling computer generated weigh-in form needs to be completed and signed by the opposing coach for all weigh-ins throughout the year, including all tournaments and dual meets. The original completed copy of the trackwrestling computer generated weigh-in forms and descent plan must be kept in the mat area during all competitions. **Coaches must keep all their weigh-in forms from every match.**

NOTE 1. Coaches that have wrestlers that are not listed on the trackwrestling computer generated weigh-in sheet must produce a descent plan for those wrestlers as verification that wrestlers are eligible to wrestle on that day or wrestlers are ineligible to participate.

NOTE 2. Mistakes on weigh-in forms will no longer be viewed as clerical mistakes because of an error by the assessor or coach. If wrestlers names aren't in the trackwrestling program, those wrestlers are **INELIGIBLE TO PARTICIPATE**. If a name was omitted on a weigh-in sheet and the coach writes in a name, that wrestler **MUST** have a descent plan to show to opposing coaches or that wrestler does not wrestle.

- c. Each Meet, each wrestler's name, weight class and actual weight must be recorded on trackwrestling weigh-in forms. At the conclusion of the weigh-in period opposing coaches must sign the form and a copy of this form must be provided to the opposing coach. When a wrestler represents their school at a particular weight class their name, actual weight and weight class will immediately be transferred from the weigh-in form and entered in the official scorebook by the official scorer. The scorebook will be signed by the official at the conclusion of the event.

NOTE: Since teams may weigh-in two more contestants per weight class, the weigh-in sheet provides both teams with the necessary information of who is eligible to wrestle. The scorebook will record the results of the match.

- d. The dual weigh-in procedure has been aligned with the random draw to provide maximum preparation and warm-up time for the first contestants scheduled to compete in dual meets.

- e. After a competition every wrestler's exact weight must be recorded in trackwrestling OPC in a timely manner.
- f. If the JV team is competing Friday the varsity team does not get the allowance for Saturday. If coaches think they will wrestle someone from the JV team in a varsity meet on Saturday coach sits the wrestler or wrestler makes weight with no allowances on Saturday.

SCORES - TRACKWRESTLING PROCEDURES

All results for boys' varsity team matches and girls' matches are required to be entered into trackwrestling within 48 hours of the event time. Results will be sent automatically from trackwrestling to njschoolsports.com. A warning will be given to a school the first time it fails to comply with the reporting requirement. Future instances will be subject to a \$150.00 fine, which is consistent with NJSIAA practice in other sports regarding late entries and late reporting results.

SCHEDULE AND ROSTER PROCEDURE

Schedules will be automatically downloaded to njschoolsports.com from rSchoolToday and BigTeams prior to the start of the season. You are also required to enter your rosters prior to the start of the season into njschoolsports.com. Please check njschoolsports.com periodically to make sure all your matches, schedule and roster information is up to date. For general inquires or technical supports contact hssupport@njadvancemedia.com or call 732-902 4545. Please note e-mail is preferred due to the remote work environment.

WEIGH-IN PERIOD – PER NFHS RULE 4, Section 5

- a. Rule 4, Section 5 Art. 7: All contestants shall weigh-in wearing a **legal uniform and a** suitable undergarment that covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight. **NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.**
- e. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed.
- f. A contestant shall weigh-in for only one (1) weight class during the weigh-in period and the contestant's actual weight will determine the weight class.
- g. Wrestlers opting to wear a legal hair cover must wear it to the weigh-in and be checked for grooming. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed.

NOTE: Supervised scales must be available one-half (1/2) hour prior to the start of the weigh-in period. No one will be allowed to weigh-in early/late unless weather or unforeseen circumstances dictate and the tournament director of the event rules otherwise. During time off the scale(s) activities that promote dehydration or hydration, weight loss or weight gain, are prohibited.

Please Note: Covid-19 Weigh-in Modifications may be necessary.

ORDER OF WEIGHT CLASS

The random draw shall take place immediately preceding weigh-ins. The actual weight of each contestant must be recorded by an official or designee on the trackwrestling generated weigh-in form. An assigned official will check each wrestler for proper hair grooming, facial hair and fingernail length. Before being permitted to wrestle, any wrestler judged not fit to wrestle, must present a written statement from an MD, DO, PA or APN, using the proper NJSIAA skin documentation form, that an exam took place pertaining to that condition, within the last seven (7) days, clearing that contestant for competition.

DISQUALIFIED WRESTLER

A team cannot add a meet to give a disqualified wrestler the opportunity to satisfy the two (2) meet suspension rule prior to any regular or post season meets.

PENALTIES AND PROCEDURES FOR USING AN INELIGIBLE WRESTLER

The following is the responsibility of the offending school and must take place immediately to rectify the situation:

- a. All meets that the ineligible player participated must be reported on the trackwrestling as a disqualification. This will result in the following:
- b. Loss of individual points for any of the disqualified meets calculated by trackwrestling for District/Region seeding
- c. Recalculation of the dual meet team score that reflects a six (6) team point loss of the disqualified team which will result in a six (6) point victory for the opponent

NOTE 1: The offending school must notify all schools involved in the event so coaches can adjust their wrestler's record on trackwrestling. The Region President of the teams involved must also be notified and will help implement the changes to records and meets

NOTE 2: Once all have been notified and changes made, it is the school's responsibility to notify the NJSIAA that all requirements have been met

Please review the NJSIAA Constitution, Bylaws, Rules and Regulations Guidelines for Student Eligibility and the NJSIAA 2020-21 COVID-19 Wrestling Season Modifications.

This document is subject to necessary adjustments and modifications.